



**ACTIVITY CENTER**

# October 5th-November 30th

## Group Fitness

\*Class schedule subject to change based on attendance



| Time    | Monday  | Tuesday                                    | Wednesday  | Thursday | Friday  | Saturday                                 |
|---------|---|--|--|----------|---|--|
| 5:30 AM | Bootcamp w/<br>Jen *45 min<br>MWHS Tennis<br>Courts |  | Bootcamp w/<br>Jen *45 min<br>MWHS Tennis<br>Courts    |          |   |  |
| 6:30 AM |   |  |  |          | Bootcamp w/<br>Jen *45 min<br>MWHS Tennis<br>Courts |  |
| 8:15 AM | Vinyasa Yoga<br>w/ Rie *50 min<br>Studio            |  | Yoga w/ Rie *50<br>min Studio                          |          |   | Sunrise Yoga w/<br>Rie *50 min<br>Studio |
| 9:15AM  | Cardio &<br>Conditioning w/<br>Rie *45min Gym       |  | Cardio &<br>Conditioning w/<br>Rie *45min Gym          |          | Cardio &<br>Conditioning w/<br>Rie *45min Gym       | Yoga w/ Rie *50<br>min Studio            |
| 9:30 AM |   | ALL Ages TRX<br>w/Katie *1 hr<br>Studio    |  |          |   |  |
| 4:15 PM |   |  | Bootcamp w/<br>Jen *45 min<br>MWHS Haddorff<br>Stadium |          |   |  |
|         |   |  |  |          |   |  |
| 5:15PM  |   |  |  |          |   |  |
| 5:30pm  |   |  | Hatha Yoga w/<br>Victoria *1 hr<br>Studio              |          |   |  |
| 6pm     |   | Yoga Flow w/<br>Victoria *45<br>min Studio |  |          |   |  |

\*Outdoor classes will move indoors in the case of inclement weather